



MITE S01E08

**Location: 107.3HFM 33 Mills Rd
Gosnells**

**Kay Maccione - 0413 389 581
Tony Maccione - 0406 989 403**

12.00pm 00 INTRO STINGER - (Disclaimer/Magoo IT).

...That was In Your Neighbourhood with James Wray

WELCOME:

You're listening to Making IT Easy on 107.3 HFM with Kay & Tony and our mates Google and Siri, and our special guest today, Edmund Tan Eddy is joining us all the way from Charlotte, North Carolina. A very good afternoon to you all!

Grab your smart device to play along with some of our tips and tricks.

Intro Song:

favourite finally)

01 Burning Love - Elvis & The Philharmonic Orchestra (my

1. Tips and Tricks - RECAP and SOMETHING NEW

Each fortnight we'll be giving you something to do that's a little bit new, and encouraging you to complete it in between shows. Next time, we'll check in and see how it went, perhaps run through it again, and suggest something for you to build on.

Last time - We looked at gestures to quickly access your camera on your smartphones.

We asked you to - Look at the other Gestures available for your device and we'll go through them. For example my Moto uses a hand palm gesture to take a selfie.

This time - We're looking at the long press and the additional features and shortcuts.

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Music Interlude : (Aust) 02 Bev Harrell- One In A Million (1968)

Next time - we are going to look at customising shortcuts to specific settings using the swipe down buttons and creating shortcuts from the settings icon for Android and the Apple Control Centre.

Music Interlude: (Aust) 03 The Sports - Don't Throw Stones (1979)

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2. FROM THE NEWS

Optus update. Things have quieted down in the Optus debacle with the latest advice being on the requirement for passport replacements. Optus customers whose passport numbers are among the 100 to 150,000 stolen in last month's cyberattack have been told by the federal government they do not need to replace their travel documents, but the numbers have been blocked from use online for identity verification.

The Australian Passport Office has advised affected Australians who do choose to get new passports that Optus will honour its promise to cover the cost, which is up to \$308 each, through an as yet undetermined process.

So you can travel on your passport, but you can't use it to verify your identity... LOL

In other news, Medibank/AHM has also fallen prey to a recent cyber attack this month.

Here's a bit of a timeline...

Wednesday 12 October, Medibank detected a cyber attack

13th online operations were shutdown as a precaution

Online services were reinstated on 14th allowing normal access to accounts and an investigation began

First update on 17th suggested that there was no data stolen but the system was exposed to a ransomware threat. (*Ransomware is a common and dangerous type of malicious software that works by locking up or encrypting files, so they are no longer accessible.*)

19th hackers contacted medibank with claims of a cyber attack. This was confirmed on 20th by the hackers submitting a sample of 100 policies that appear to have indeed come from AHM health insurance system. The data includes:

- First names and surnames
- Addresses
- Dates of birth
- Medicare numbers
- Policy numbers
- Phone numbers

- Some claims data, including the location of where a customer received medical services and codes relating to their diagnoses and procedures.

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Music Interlude : 04 (Edmund) Forever Young Alphaville

...**Wow**, so as of the 26th Medibank has confirmed hackers have obtained:

- All ahm customers' personal data and significant amounts of health claims data
- All international student customers' personal data and significant amounts of health claims data
- All Medibank customers' personal data and significant amounts of health claims data

They have undertaken to contact affected customers and advise what to do.

There are comprehensive support packages for customers who have had their data stolen including:

- Financial support for customers who are in a uniquely vulnerable position as a result of this crime. They will be supported on an individual basis.
- Free identity monitoring services for customers who have had their primary ID compromised
- Reimbursement of fees for re-issue of identity documents that have been fully compromised in this crime

And all customers will have access to:

- Specialist identity protection advice and resources from IDCARE
- Medibank's mental health and wellbeing support line

But wait, there's more...

Leading pathology services provider - Australian Clinical Labs have admitted they too have fallen prey to a cyber attack on Thursday, just a few days ago. It's safe to assume that most if not all of the data has been mined and leaked to the dark web.

Cyber Security Minister Claire O'Neil has said "This is the new world that we live in. We are going to be under relentless cyberattacks essentially from here on in"

Recommendations

Be vigilant especially if contacted by email to ensure communications are really from Medibank.

Continue to do what you should already be doing related to staying safe online... just be more vigilant.

Look for things like:

- Unexpected phone calls

- Unusual bills or charges on your bank statements
- Note if you don't receive any mail (post) you are expecting
- Seemingly random calls or messages from places about services you have not used
- More than usual spam messages
- Increased calls, texts and or messages including social media
- Don't click on any links in emails claiming to be from Optus (or anyone else for that matter).

Music Interlude: 05 If I Only Had A Brain (2100 London Palladium Recording)

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3. DEEP DIVE Brain Training - What is it?

Training your brain is just as important as keeping physically fit.

Studies show that with as little as one hour of brain training per week, you can improve the cognitive functions you use every day.

Brain Chemistry 101

- Average adult brain has 100 billion neurons
- Each connected to up to 10,000 other neurons
- Passing signals to each other via as many as 1,000 trillion synapses

As early as 30 years old we begin to lose neurons that affect cognitive function.

Through physical and mental exercise, we can regenerate neurons (Neurogenesis) and create new pathways in our brains (Neuroplasticity).

By creating new pathways, we can build up our Cognitive Reserve.

Cognitive Reserve is our ability to resist or cope with damage to the brain... or think of it as your brain's ability to improvise and find alternate ways of getting a job done

The larger your cognitive reserve, the better you can deal with degenerative brain changes associated with dementia, Alzheimer's, Parkinson's multiple sclerosis and stroke.

You can build cognitive reserve with a healthy curiosity and a commitment to life-long learning.

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Music Interlude: 06 What Did You Learn In School Today - The Chad Mitchell Trio

There was a lot going on in the world back when Pete Seeger's song about school came out. In 1964, there was a war going on in Vietnam, and this song points out the fact that school was just glossing over the gravity of the situation. Teachers are giving PG-rated versions of history as well as what's going on in the world. Pete used this song to call them out. This version is a cover by

Brain Training

So if you buy into all the hype and want to train your brain, there are specific areas to target:

- Memory - short term visual and verbal and long term working memory
- Attention – Concentration
- Language
- Visual-spatial skills
- Executive Function - Analysis

Music Interlude: 07 Teacher I Need You - Elton John

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Some quick things to do now!

Learn something new (often!)

- Read
- Talk
- Meditate / Time out
- Exercise
- Eat right
- Develop healthy sleep patterns
- Play games (different)

e.g: mindgames.com, lumosity.com, brainhq.com

Links and more tips in the show notes...

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Music Interlude: 08 High School Confidential - Jerry Lee Lewis

4. LISTENER QUESTIONS What is a cookie and what does it mean?

Back in 2018 European General Data Protection Regulation (GDPR) changed the law to include online data tracking and transparency. What this meant to you and me is that annoying question about cookies every time you visit a website. Problem is, no-one really understands what it means.

Hmm, a cookie is an iddy biddy file which is deposited on your device when you visit a particular webpage. The file contains a bit of info about your computer, where you're located perhaps and the kinds of things you look at when you visit the webpage. The idea is to learn from the visit and cater to your requirements based on this data to make this visit and subsequent visits seemingly more relevant.

Advantages:

- Manage the visit - recall user details, preferences, interests etc...
- Personalisation - targeted advertising
- Following/Tracking habits - shopping carts, previous purchases, wish lists

Two main types of cookies

- Session cookies are deleted after a visit
- Persistent cookies remain on your device but may expire or can be deleted manually.
These are used to build a profile

Should we be worried about cookies?

Yes and no. Websites won't work as well if you say no to all cookies.

- First Party vs Third Party cookies (advertising banners)
- What you can do is delete your cookies after each session on the internet. Settings -> delete browsing data -> Cookies
- Look at Privacy in browser Settings
- Automatically clear Cookies when exiting browser sessions

Google has been trying to promote an alternative to cookies (FLoC - Federated Learning of Cohorts,) but it has so far been unsuccessful.

Music Interlude: 09 Another Brick In The Wall – originally Pink Floyd. This version Diego Baldenweg, Nora Baldenweg, Lionel Baldenweg & Roger Waters. The Unlisted is an Australian children's science fiction drama television series. The series follows the story of 12-year-old identical twins, Drupad and Kalpen Sharma, who work with a group of underground vigilante children, who call themselves "The Unlisted", in order to stop a powerful corporation from imposing global control over the world's youth by inserting a tracking device, which also allows to control them.

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5. APP OF THE DAY

TikTok

TikTok Facts and Stats

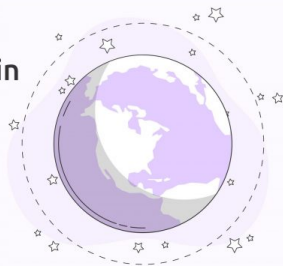


The video sharing app managed to grow thrice its size in just 3 years

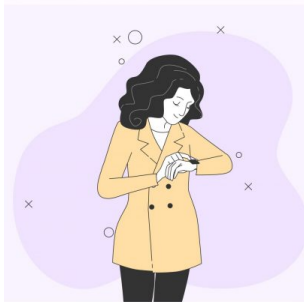


In the United States, almost 50% of all TikTok users fall below the age of 30

TikTok is available in 150 countries and has 2.6 billion downloads



In 2021, TikTok's consumer spending increased by 77% at \$2.3 billion.



Every 8 seconds a new user joins the platform



14% of TikTok audiences agree that they spend more on a product when the platform is involved.

TikTok has reach 1 billion active monthly users and generated \$4.6 billion in revenue



#TikTokMadeMeBuyIt became 2021's most popular hashtag on TikTok



Influencer MarketingHub

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Music Interlude: 10 (Edmund) Where's Me Jumper Sultans of Ping

Music Interlude (Aust) 11 Living in the 70s (Skyhooks)

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Music Interlude: 12 (Bill Gates) Two Of Us - The Beatles (“Two of Us” is one of his favourites because it’s “kind of like this journey [he and Steve Jobs had] been on where we’d been competing and working together.”)

SHOW RECAP & WHATS ON NEXT TIME

Next time on Making IT Easy (29th Oct)

Deep Dive into using your phone camera

Our App of the Day will be Snapseed

Our listener question is on Multi-factor Authentication

If you have a listener question, let us know through our Facebook page or website.

Show notes are at magooit.com.au

Next Tue night from 7-9pm on The Magnificent Seven: James Wilson & Tony Maccione with cats and the 80s

Spongebob The Musical

Music Outro: 13 Put A Little Love In Your Heart - Annie Lennox & Al Green

No Control by David Bowie & Brian Eno

Bikini Bottom Boogie by Steve Tyler & Joe Perry

Hero Is My Middle Name by Cyndi Lauper & Rob Hyman

Ed’s camera Insta 360 one X3

<https://www.insta360.com/product/insta360-x3>